



SURVIVING YOUR PHD FROM A STUDENT PERSPECTIVE

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The Plan

- Reflections
- General tips
- Procrastination!
- Questions



"Doing a PhD is like putting a 10,000 piece puzzle together without a box. And the pieces keep changing shape and colour. And the room is on fire"

@emmaquiltyanth, 2018



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General Tips



Remember why you started and
remember where you are going

It's OK to not be OK

(as long as you do something about it and don't let things get to you long term!)



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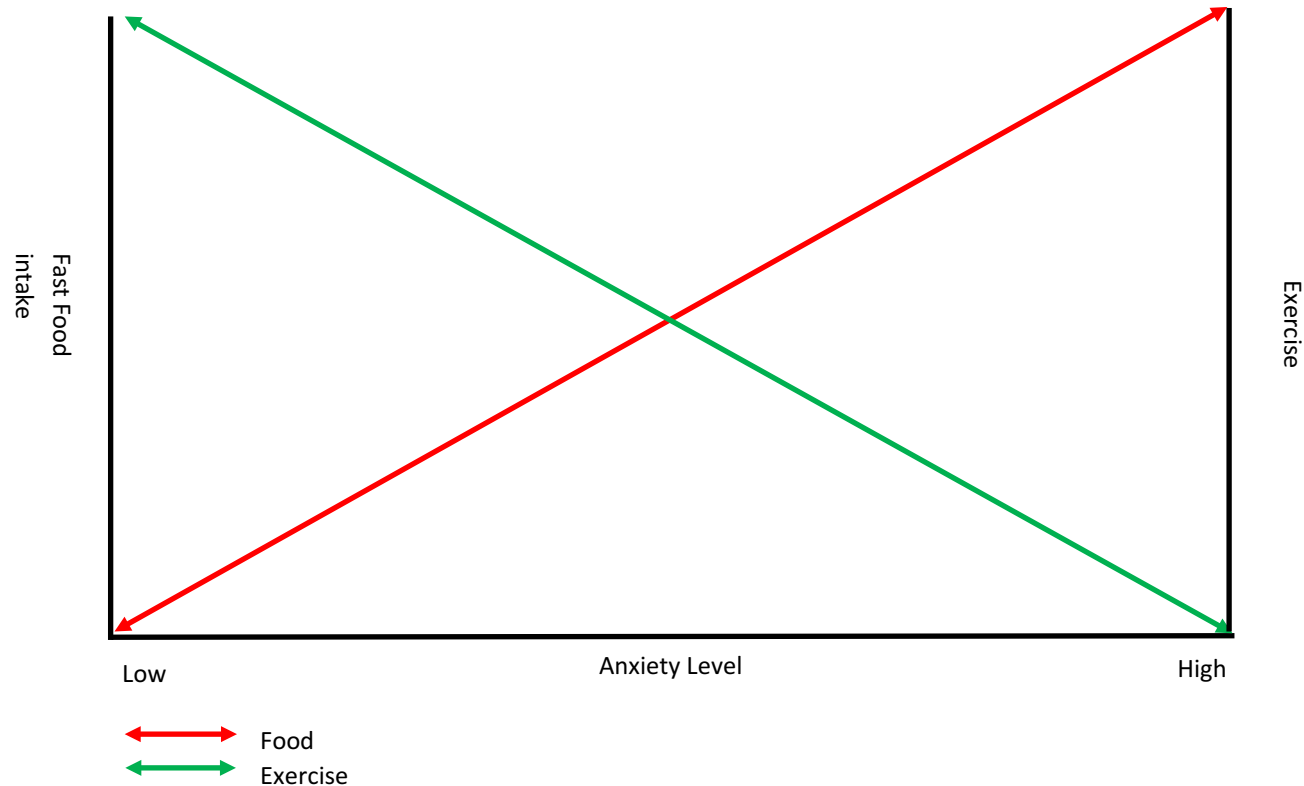
Attend Doctoral School
workshops from the beginning



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The importance of food and exercise

Correlation between fast food, exercise and anxiety levels



Use online communities carefully

- Can be good for sharing experiences and gaining a shared perspective e.g. PhD comic
- BUT
- Unrealistic perfection

You are good enough – do not
compare and compete with
others



Set your own goals. It is great to be motivated by the success of others but don't feel you need to compete



Procrastination

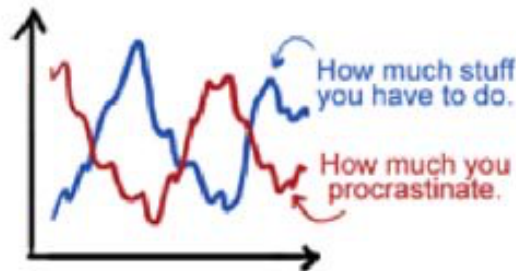


Procrastination

The fine art of prioritising less important tasks over the most important ones!

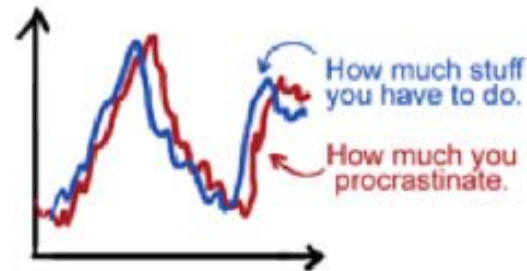
Procrastination

Ideally:



$$\text{Procrastination} \propto \frac{1}{\text{How much stuff you have to do}}$$

In reality:



$$\text{Procrastination} \propto \text{How much stuff you have to do}$$

JORGE CHAM © 2010

WWW.PHDCOMICS.COM



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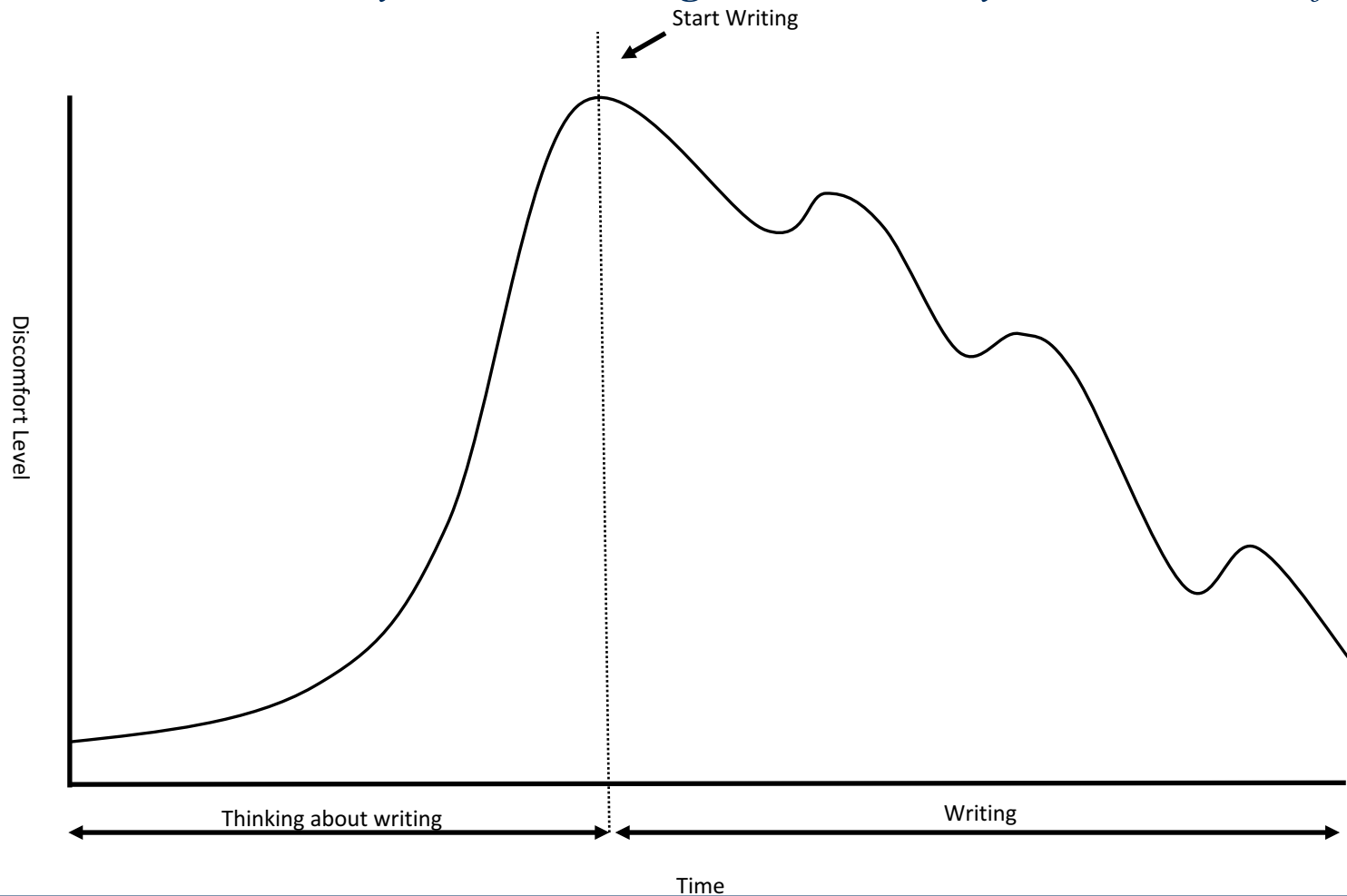
Procrastination: Why do we do it?

1. Avoiding discomfort
2. Action illusion
3. Complacency
4. Fuzzy Focus
5. Fear of failure/perfectionism
6. Emotional barriers

Strategies to overcome it . . .

The longer you leave it the worse it gets

... But as soon as you start writing, there's usually immediate relief



Motivation  Action

BUT

Action  Motivation

You don't have to feel like getting something done to get it done!

Just do something

It doesn't have to be perfect



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Start and the answers will come

Free writing

Visualise success

Celebrate *and reward small* successes



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Remember that even 'dead ends' are progress

Goal oriented working versus time oriented working



Know when you are most
productive



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Pomodoro Technique

Change it up



February 10, 2019

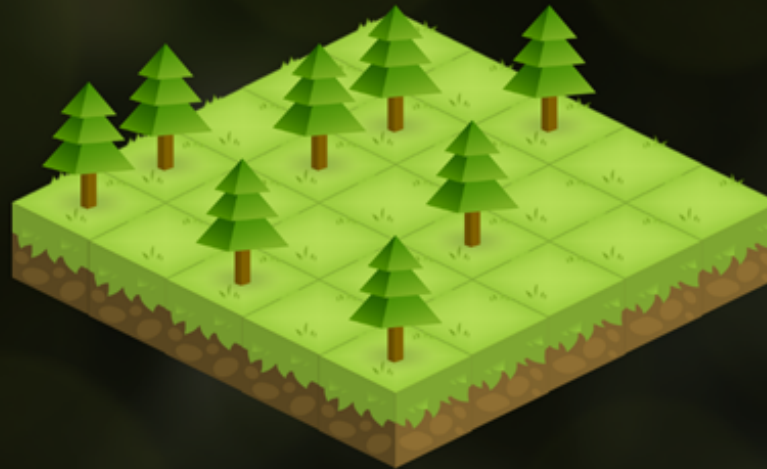
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200 mins



Forest

Stay focused, be present

www.forestapp.cc



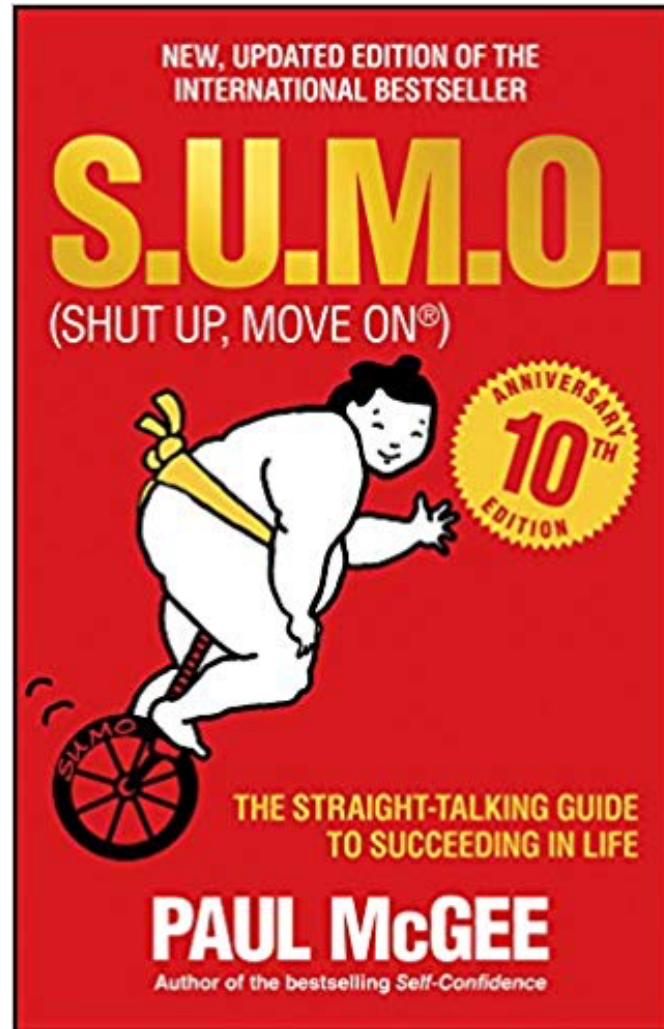
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Don't be fooled by action
illusion

The conditions will never be
perfect!



Suggested reading



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